One Step TOWARDS the CONSTITUTION

An Interactive Law Book for Students

Learn Your Rights. Shape Your Future.

Book with digital learning

By Kishan Kumar

Class 8 | Future Advocate

https://constitution-course--kish...

MEET THE AUTHOR FIRST

NAME :Kishan Kumar

COMPANY NAME:@kishankumarupsc

QUALITY:I am a student of class 8 and I am very much interested to learn about the history of Indian constitution . I faced a problem of an interactive book for the fundamental .

QUALIFICATION: stood rank holder in olympiad many times and

Content of the book

1.What is constitution and why do we need .

2.Indian democracy.

3.Birth of Indian constitution

4.Fundamental rights in India

5.Structure of the judiciary

6.Right to information .

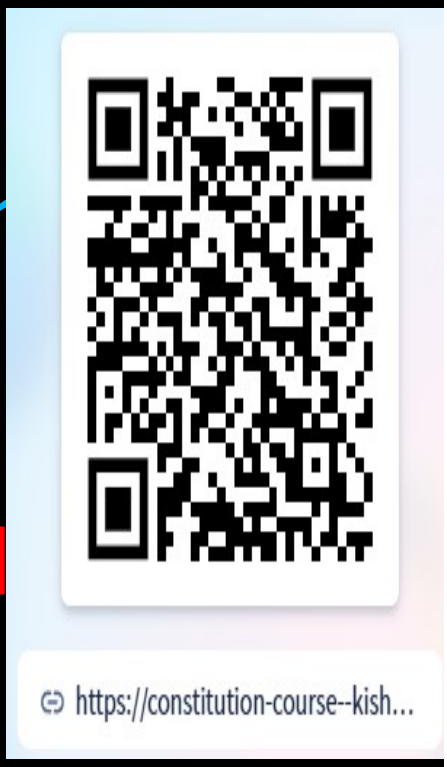
7.Preamble of the constitution .

8.Fedralisim in India .

For digital content scan

chapter

What is constitution and why do we need this?



*The **Constitution** is basically the **supreme rulebook of a country**. It contains all the important laws and principles that tell how a country should be run.*

If we take Constitution of India as an example, it explains:

how the government is formed

what powers different authorities have

what rights citizens get (like freedom, equality, etc.)

what duties citizens should follow and so

*The **Constitution** not only gives power to the government, but it also **limits that power**. This means the government cannot do anything it wants. It must follow the rules written in the Constitution.*

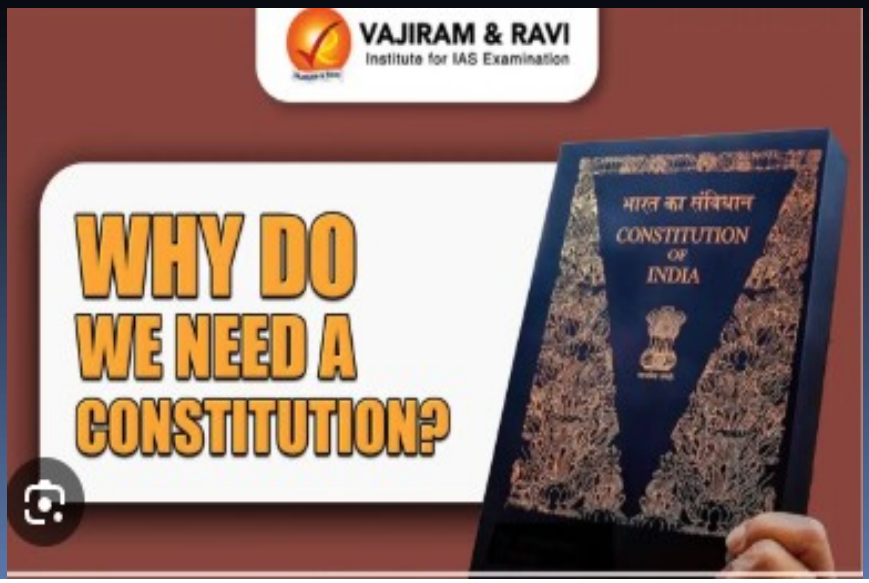
In Constitution of India, different powers are clearly divided among the Legislature, Executive, and Judiciary. This prevents misuse of power and ensu becomes too powerful.

*At the same time, the Constitution gives **power to the citizens** through Fundamental Rights. These rights, like the Right to Equality and Right to Freedom, protect people from unfair treatment and allow*

It also gives citizens the right to go to court if their rights are violated. In this way, the Constitution makes sure that the government remains accountable to the people.
So, the Constitution creates a balance:
👉*It* ***controls the government***
👉*It* ***empowers the citizens***

Why do we need a Constitution?

A Constitution is needed to ***maintain order, justice, and stability*** *in a country. In Constitution of India, it clearly defines:*
how the government should function
what powers each authority has
what rights citizens enjoy
how conflicts are resolved
Without a Constitution, there would be ***confusion and misuse of power****, because no one would know the limits or rules.*



What if there was no Constitution in India?

If India had no Constitution:

*There would be **no fixed system of government***

Leaders could make decisions without rules

*Citizens would have **no guaranteed rights***

*There could be **unfairness, discrimination, and chaos***

*In simple terms, the country could become **unstable and unsafe**, where power matters more than justice.*

What if people and government do not follow the Constitution?

Even if a Constitution exists, it only works when it is followed.

If the **government does not follow it**:

It may misuse power

People's rights can be violated

Democracy can turn into dictatorship
*If the **people do not follow it**:*
Laws will be ignored
Society can become disorganized
Conflicts and crimes may increase
So, both government and citizens must respect the Constitution.

What we can do when government deny to follow the constitution?

1. Go to the Courts ⚖️

*The most powerful option is the **Judiciary**. Citizens can approach the **High Court** or the **Supreme Court** to protect their rights.*

*For example, through a **PIL (Public Interest Litigation)**, even one person can raise an issue affecting many people. The court can then order the government to follow the Constitution.*

2. Use Fundamental Rights

If your rights are violated, you can directly seek justice. The Constitution itself gives you the right to approach the court for protection of your rights.

3. Media and Awareness 📢

Free and informed citizens play a big role. When issues are highlighted, it creates pressure on the government to act correctly.

CHAPTER :2
INDIAN DEMOCRACY

Democracy *is a system of government in which the* ***power lies with the people****.*
In simple words,
Democracy = Government of the people, by the people, and for the people.
In a country like India, guided by the Constitution of India, democracy means:
People ***choose their leaders*** *by voting in elections*
The government is ***answerable to the people***
Citizens have ***rights and freedoms***
Laws are made for the ***welfare of everyone****, not just a few*

Key Features of Democracy

***Elections**: People vote to choose leaders*

***Equality**: Every vote has equal value*

***Freedom**: People can speak, think, and express*

***Rule of Law**: Everyone follows the same laws*

Types of Democracy

Democracy can be mainly divided into two types:

1. Direct Democracy

*In this type, people **directly take decisions** without any representatives.*

*Citizens themselves vote on laws and policies. This system works best in **small countries or communities** where population is less.*

A famous example is Switzerland, where people vote on important issues through referendums.

In Switzerland, citizens directly vote on laws, policies, and important national decisions through referendums.

2. Representative Democracy

*In this type, people **elect representatives** who make decisions on their behalf. Since countries like India have a large population, it is not possible for everyone to take direct part in decision-making. So, people choose leaders through elections. These representatives form the government and run the country according to the Constitution of India.*

Extra Types (Advanced – you can add for higher level)

3. Parliamentary Democracy

The executive (government) is formed from the legislature (Parliament).

Example: India

4. Presidential Democracy

The President is the head of state and government, elected separately from the legislature.

Example: United States

Indian Democracy

*Indian democracy is one of the **largest and most diverse democracies in the world**. It is based on the principles of equality, freedom, and justice, as written in the Constitution of India.*

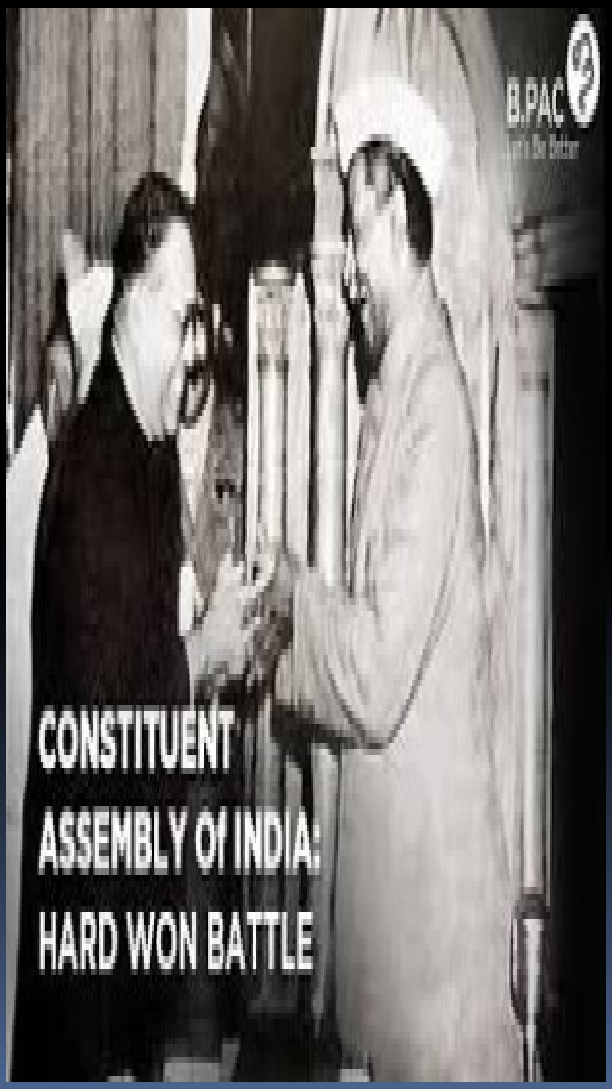
*India follows a **representative democracy**, where people elect their leaders through regular elections. Every citizen above 18 years of age has the **right to vote**, regardless of caste, religion, gender, or background. This shows the idea of **universal adult franchise**.*

*India also follows a **parliamentary system**, where the government is formed by elected representatives in Parliament. The Prime Minister is the head of the government, and they are responsible to the people.*

*One of the most important features of Indian democracy is that it ensures **Fundamental Rights** to all citizens, such as the right to equality, freedom, and*

Chapter: 3 Birth of indian constitution

https://constitution-course--kish...



. The Constitution of India was not created in a single day. It was the result of long discussions, planning, and the dream of building a fair and independent nation.
After India got independence in 1947, a ***Constituent Assembly*** *was formed to draft the Constitution. Important leaders like Dr. B. R. Ambedkar played a major role. He is known as the "Father of the Indian Constitution."*
The Assembly studied many constitutions of the world and carefully prepared a document that suits India's diversity. After almost ***2 years, 11 months, and 18 days****, the Constitution was completed and adopted on* ***26 November 1949****. It came into force on* ***26 January 1950****, which we celebrate as Republic Day.*

How did the idea of Constitution begin in the world?

The idea of a Constitution did not start in India. It developed slowly over time in different parts of the world.

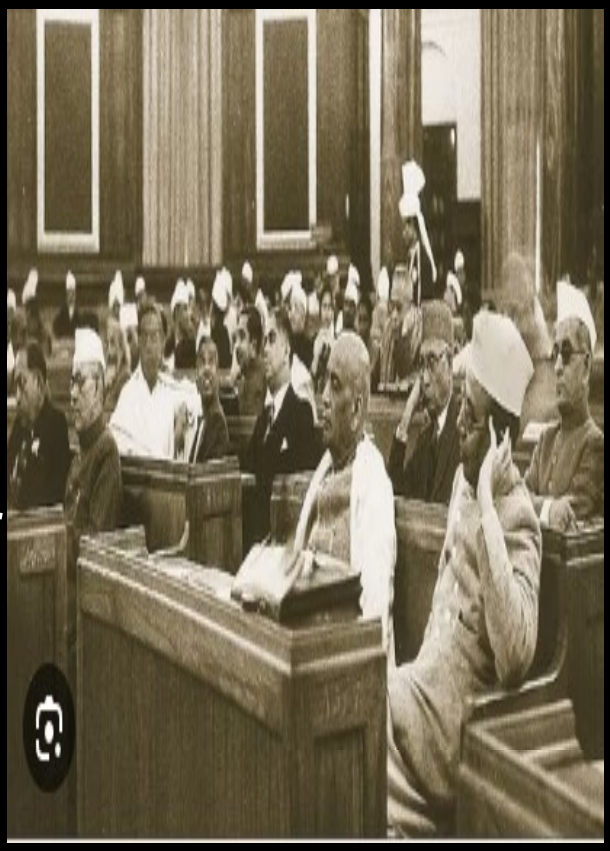
One of the earliest steps was the Magna Carta in England. It limited the powers of the king and protected certain rights of people.

Later, the American Revolution led to the creation of the Constitution of the United States, which clearly defined government powers and citizens' rights.

The French Revolution further spread the ideas of ***liberty, equality, and fraternity****, which became the foundation of modern constitutions.*

These global ideas influenced many countries, including India, to create their own Constitution.

The Indian Constitution is not just a document, but a result of historical struggles, global ideas, and the vision of a just and equal society.



Constituent Assembly

The idea of a Constituent Assembly was first proposed by M. N. Roy in 1934. Later, it was accepted by the British government through the Cabinet Mission Plan of 1946.
*The Assembly was formed in **1946**, before India became independent.*

.

Total members: ***389*** *(initially)*
After partition: ***299 members*** *remained for India*
Members were not directly elected by the public but were chosen by the elected members of provincial legislatures

Working of the Assembly

The Constituent Assembly worked for ***2 years, 11 months, and 18 days****. During this time:*
It held ***11 sessions***
It discussed every detail of the Constitution
Members debated on rights, duties, and government structure
The Assembly ensured that the Constitution would suit India's ***diverse culture, languages, and religions****.*

Objectives and Vision

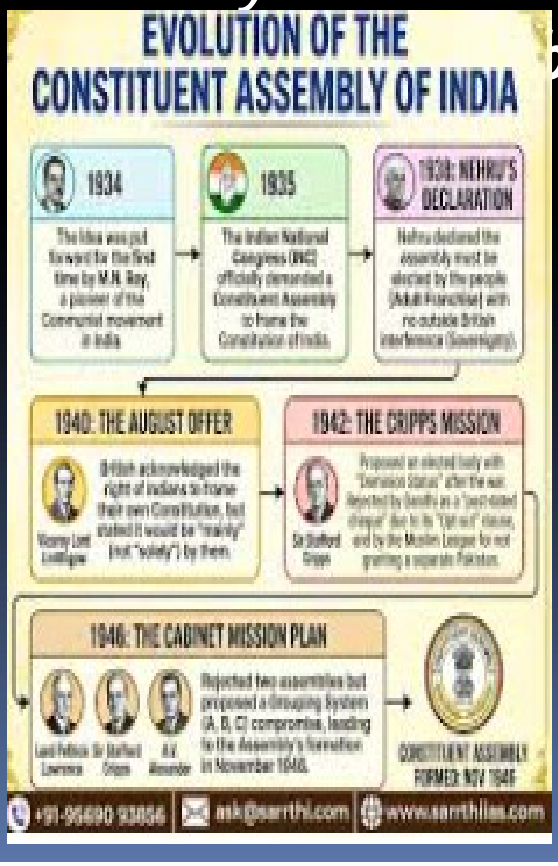
The Constituent Assembly aimed to create a Constitution that would:

*Ensure **justice, liberty, equality, and fraternity***

Protect the rights of all citizens

Establish a democratic system of government

*The famous **Objective Resolution**, moved by Jawaharlal Nehru, later **ble** of the*



it also aimed to promote national unity, maintain peace and stability, ensure social and economic development, and build a strong, inclusive, and progressive nation for future generations

CHAPTER :4
FUNDAMENTAL RIGHTS IN INDIA

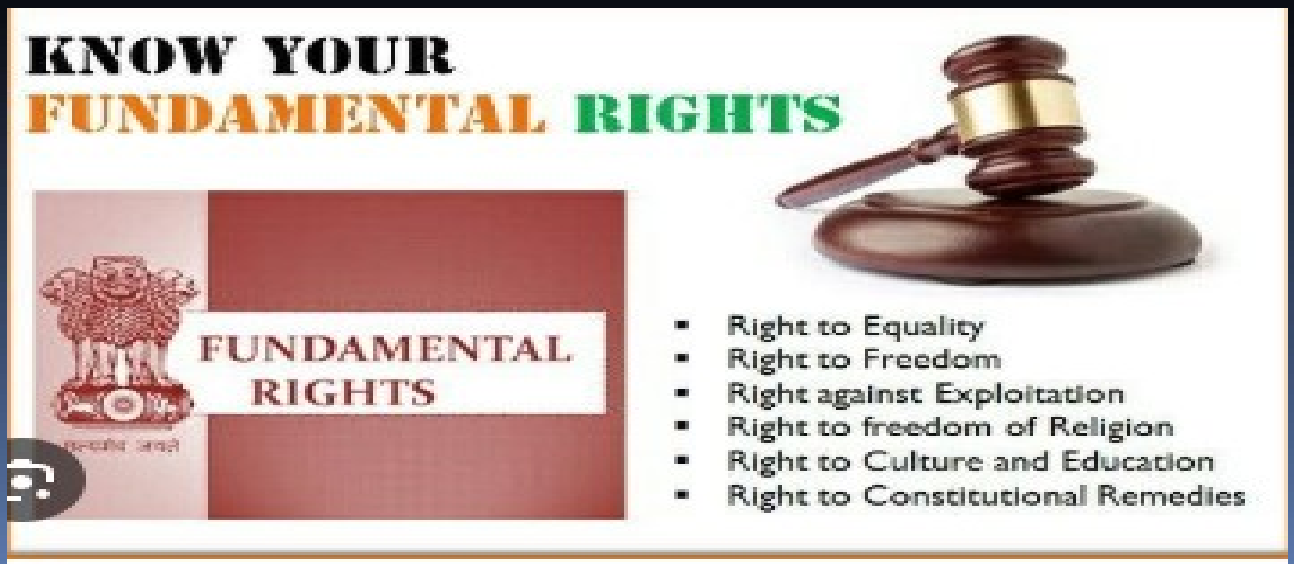
FUNDAMENTAL DUTIES
OF INDIAN CONSTITUTION
Abide by the Constitution and respect its ideals
Cherish the noble ideals of the freedom struggle
Defend the country and render national service
Promote harmony and the spirit of common brotherhood
Preserve the rich heritage of our composite culture
Protect the natural environment
Develop scientific temper and spirit of inquiry
Safeguard public property
Strive for excellence in all spheres of life

Fundamental Rights are the basic rights given to every citizen by the Constitution of India. They ensure freedom, equality, and dignity, protect people from injustice, and help everyone live a fair and respectful life in society.

Fundamental Rights in India are the basic rights guaranteed to every citizen by the Constitution of India. These rights ensure equality, freedom, and protection from exploitation.

. Fundamental Rights help people live with dignity and allow them to challenge injustice in courts.

Fundamental Rights in India are essential because they protect the freedom and dignity of every citizen under the Constitution of India. They ensure equality before law, prevent discrimination, and safeguard individuals from exploitation. These rights allow people to express their views freely and practice their religion.



Fundamental Rights in India

Fundamental Rights are guaranteed by the Constitution of India. They include:

Right to Equality *– Ensures equal treatment before law*

Right to Freedom *– Gives freedom of speech, expression, etc.*

Right against Exploitation *– Prohibits child labour and forced labour*

Right to Freedom of Religion *– Allows practice of any religion*

Cultural and Educational Rights *– Protects culture and education rights*

Right to Constitutional Remedies *– Allows citizens to go to court if rights are violated*

These rights help citizens live with dignity and justice.

Writs and Laws that Protect Fundamental Rights

The Constitution of India protects Fundamental Rights through special orders called ***writs****, which can be issued by courts when rights are violated. There are five main writs:*

Habeas Corpus *– protects against illegal detention*

Mandamus *– orders a public authority to perform its duty*

Prohibition *– stops a lower court from exceeding its powers*

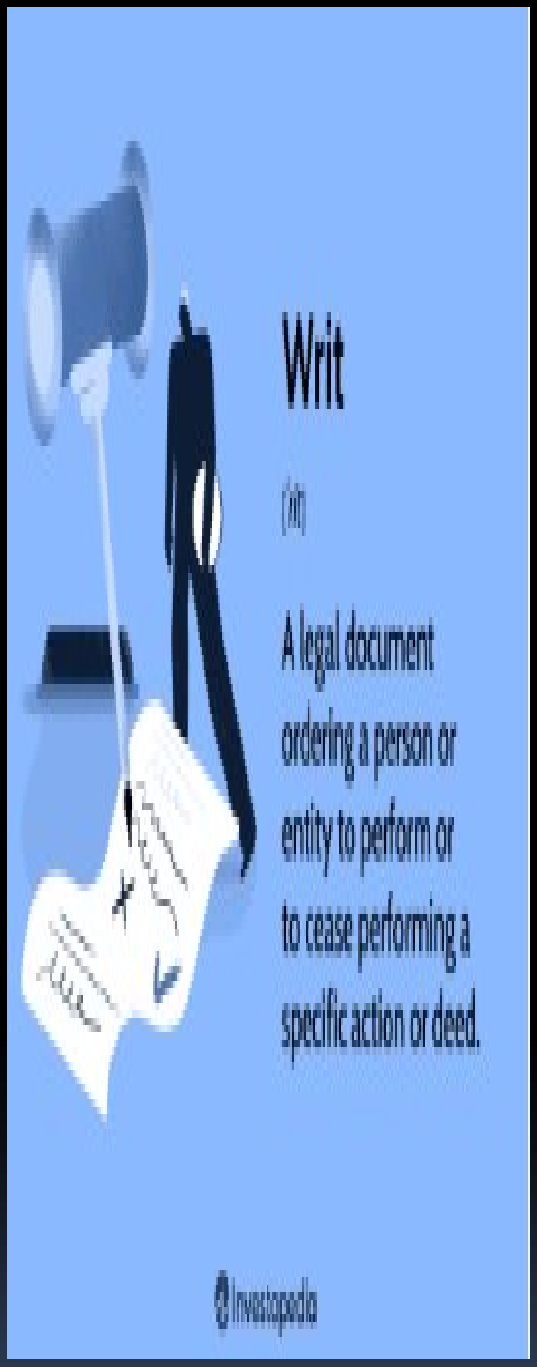
Certiorari *– transfers a case to a higher court*

Quo Warranto *– questions the authority of a person holding a public office*

These writs are issued by courts like the Supreme Court of India to ensure justice. They act as powerful legal tools that help citizens protect their Fundamental Rights and fight against injustice.

Landmark Cases on Fundamental Rights in India

Some important cases have helped protect and define Fundamental Rights under the Constitution of India: ***Kesavananda Bharati Case*** *– Established the* ***Basic Structure Doctrine****, meaning Parliament cannot change the basic structure of the Constitution.*


Writ
(n)
A legal document ordering a person or entity to perform or to cease performing a specific action or deed.
Investopedia

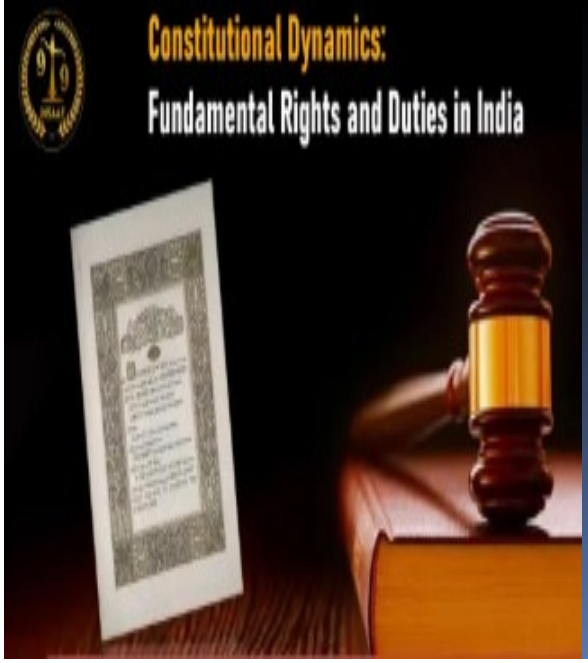
Maneka Gandhi Case *– Expanded the meaning of the* ***Right to Life and Personal Liberty*** *under Article 21.*

Golaknath Case *– Held that Parliament cannot take away Fundamental Rights.*

Minerva Mills Case *– Balanced Fundamental Rights and Directive Principles.*

ADM Jabalpur Case *– Highlighted the importance of protecting rights even during emergencies.*

These cases strengthened democracy and ensured better protection of citizens' Fundamental Rights.



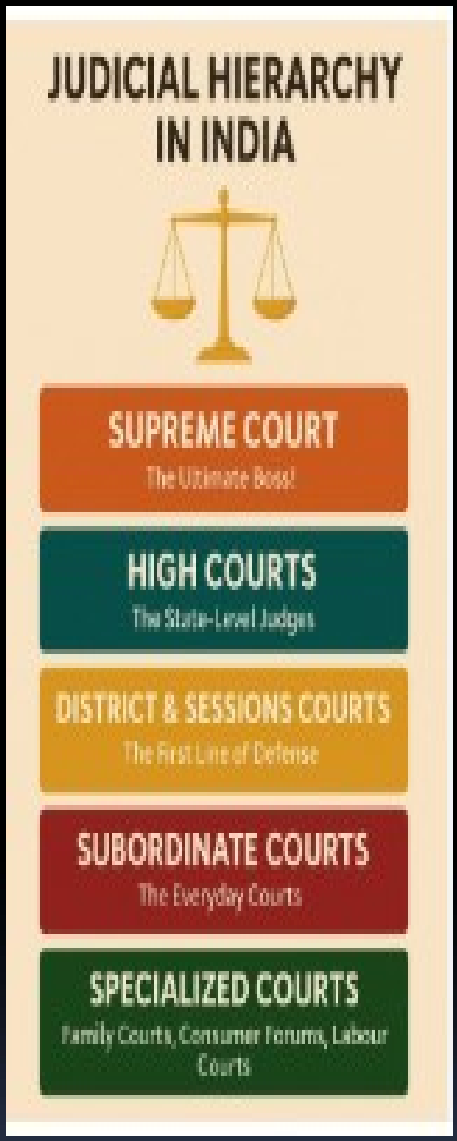
Fundamental Rights are essential for protecting the freedom, equality, and dignity of every citizen under the Constitution of India.

Chapter:5

Structure of judiciary

The judiciary in India is an independent system that interprets and protects laws under the Constitution of India. It is divided into three levels.

At the top is the Supreme Court of India, which is the highest court and final authority. Below it are the High Courts in different states, which handle state-level cases. At the lowest level are District and Subordinate Courts, which deal with local cases.

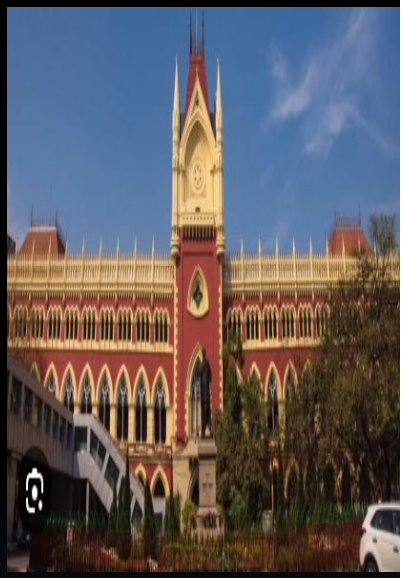


This structure ensures justice is available to all citizens at every level.

They ensure justice, prevent misuse of power, and help maintain democracy, making them the backbone of a fair and just society.

Supreme Court of India:

The Supreme Court of India is the highest court. It protects the Constitution, settles major disputes, hears appeals, and ensures Fundamental Rights of citizens are properly enforced.



High Courts:

High Courts work at the state level. They hear appeals from lower courts, supervise district courts, and ensure laws are followed properly. They also protect citizens' rights within the state.

District and Subordinate Courts:

These are the lowest level courts. They deal with local civil and criminal cases, provide justice to people at grassroots level, and handle most day-to-day legal disputes

Difference between high and supreme court

High court

- Highest cote in state
- Located in capital city of every state.
- Has authority only within a **particular state**
- Hears appeals from lower courts in the state
- Headed by Chief Justice of the High Court

Supreme court

- It is the **highest court of India**
- Located in New Delhi.
- Has authority over the **entire country.**
- Final court of appeal.
- Headed by the Chief Justice of India.

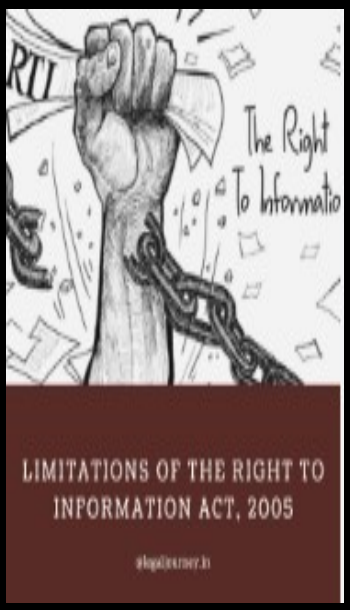
CONCLUSION OF THE CHAPTER

The judiciary system in India plays a vital role in maintaining justice, equality, and rule of law under the Constitution of India. From the Supreme Court of India to district courts, each level ensures fair decisions and protection of citizens' rights. This structured system makes justice accessible to people at every level and strengthens democracy by preventing misuse of power and ensuring laws are properly followed in society.
It also builds public trust and promotes accountability in governance.

CHAPTER:6
RIGHT TO INFORMATION 2005

*The **Right to Information (RTI)** is a legal right given to citizens to access information from the government. It allows people to know how government departments work, what decisions they make, and how public funds are used. RTI ensures transparency, accountability, and helps prevent corruption by letting citizens request information from public authorities. In India, this right is protected under the **Right to Information Act, 2005**, which requires government bodies to provide requested information within a specific time frame.*

*The **importance of the Right to Information (RTI)** is huge for a democracy. It ensures **transparency** in government functioning, so people know how decisions are made and public money is spent. RTI **empowers citizens** to question authorities, fight corruption, and hold officials accountable. It also promotes **informed participation** in governance, helping citizens make better choices and protect their rights. Overall, RTI strengthens democracy and builds trust between the government and the people.*



*Filing an **RTI in India** is simple if you follow these steps:*

***Identify the Public Authority** – Find the government department or office that has the information you need.*

***Prepare an Application** – Write a clear request mentioning the information you want. You can write in English, Hindi, or the official language of the state.*

***Pay the Fee** – Usually ₹10 via cash, demand draft, or postal order. Some states allow online payment.*

***Submit the Application** – Send it to the **Public Information Officer (PIO)** of the concerned department. You can submit by post, online, or in person.*

***Receive Reply** – The PIO must respond within **30 days**. For information concerning life or liberty, the reply comes within **48 hours**.*

*Under the **Right to Information (RTI) Act, 2005**, there are certain restrictions on the type of questions or information you **cannot ask** for. These include:*

***National Security** – Information that can harm India's defense, security, or relations with other countries.*

***Cabinet Secrets** – Decisions or discussions of the Union or State Cabinet are not disclosed.*

***Personal Privacy** – Private information about any individual that has no public interest.*

***Commercial Confidentiality** – Trade secrets or information that can harm a company's competitive position.*

***Ongoing Investigations** – Details of criminal investigations, law enforcement operations, or intelligence reports.*

***Court Proceedings** – Information already protected by law or under judicial processes.*

*In conclusion, the **Right to Information (RTI)** is a powerful tool that strengthens democracy by promoting **transparency, accountability, and citizen empowerment**. It allows people to access government information, fight corruption, and participate actively in decision-making. While there are certain restrictions to protect privacy, security, and sensitive data, RTI ensures that the government works in the public interest and builds **trust between citizens and***

https://constitution-course--kish...

CHAPTER: 7

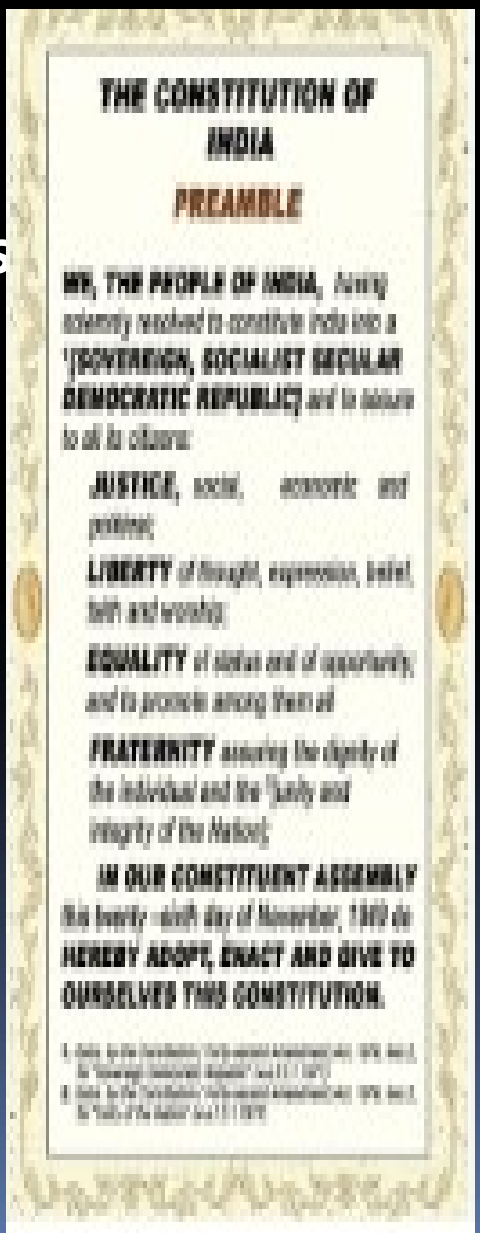
PREAMBLE OF THE CONSTITUTION

*The **Preamble** is the introductory statement of the Constitution that **states its objectives, guiding principles, and the purpose for which it was enacted**.*

*Here are some key **facts and history about the Preamble** of the Indian Constitution:*

Facts:

*The Preamble acts as the **introductory statement** to the Constitution*



THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a [SOVEREIGN, SOCIALIST SECULAR DEMOCRATIC REPUBLIC] and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

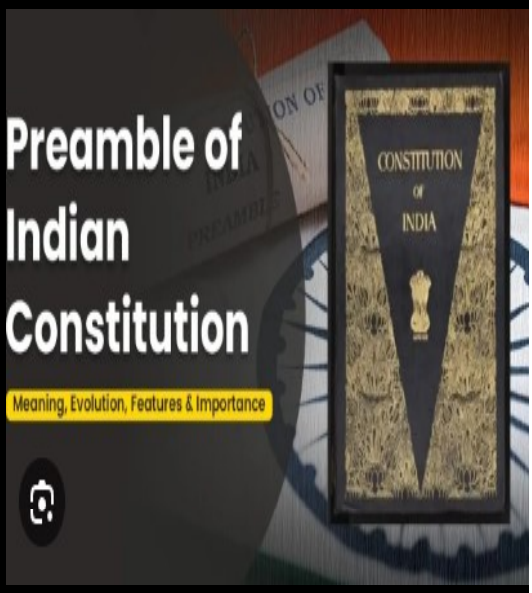
EQUALITY of status and of opportunity, and to promote among them all

FRATERNITY assuring the dignity of the individual and the [unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

*It guarantees **justice, liberty, equality, and fraternity** to all citizens.*
*The Preamble reflects the **philosophy and values** of the Constitution.*
*It is **not a law**, but courts often refer to it to interpret constitutional provisions*
*It declares India as a **sovereign, socialist, secular, and democratic republic**.*
*the **Preamble of the Indian Constitution** was drafted by the **Constituent Assembly** and adopted on **26th November 1949**. Its purpose was to state the **objectives, values, and philosophy** of the Constitution.*
*The Preamble was inspired by the **United States Constitution** but adapted to reflect India's unique needs. In **1976**, the words **"Socialist" and "Secular"** were added through the **42nd Amendment** to emphasize equality and religious neutrality.*

*The **Preamble** is important because it **defines the purpose and guiding principles** of the Constitution. It declares India as a **sovereign, socialist, secular, and democratic republic** and guarantees **justice, liberty, equality, and fraternity** to all citizens. It acts as the **foundation and soul** of the Constitution, guiding laws and governance.*



*The **Preamble of the Indian Constitution** has been amended **only once**. In **1976**, during the **Emergency period**, the **42nd***

Here's the ***meaning of each key word in the Preamble*** *of the Indian Constitution:*

Sovereign *– India has full* ***independence*** *and is free from control by any other country.*

Socialist *– India aims to* ***reduce inequality*** *and ensure economic and social justice for all.*

Secular *– The government treats* ***all religions equally*** *and does not favor any religion.*

Democratic *– Power belongs to the* ***people****, and they choose their government through elections.*

Republic *– India has an* ***elected head of state*** *(President), not a king or monarch.*

Justice *– Ensuring* ***social, economic, and political fairness*** *for everyone.*

Liberty *– Citizens have* ***freedom of thought, expression, belief, and movement****.*

Amendment *added the words* ***"Socialist" and "Secular"*** *to reflect India's commitment to social justice, economic equality, and religious neutrality. This change strengthened the Preamble's role in guiding the* ***principles and values*** *of the Constitution.*

Equality *– Every citizen is treated* ***equally before the law*** *and has the same opportunities.*
Fraternity *– Promotes* ***brotherhood, unity, and dignity*** *among all citizens.*
In conclusion, the ***Preamble*** *is the* ***heart of the Indian Constitution****, reflecting its core values and guiding principles. It defines India as a* ***sovereign, socialist, secular, and democratic republic*** *and guarantees* ***justice, liberty, equality, and fraternity****, ensuring that the government works for the welfare and unity of all citizens.*

Chapter :8

Federalism i India

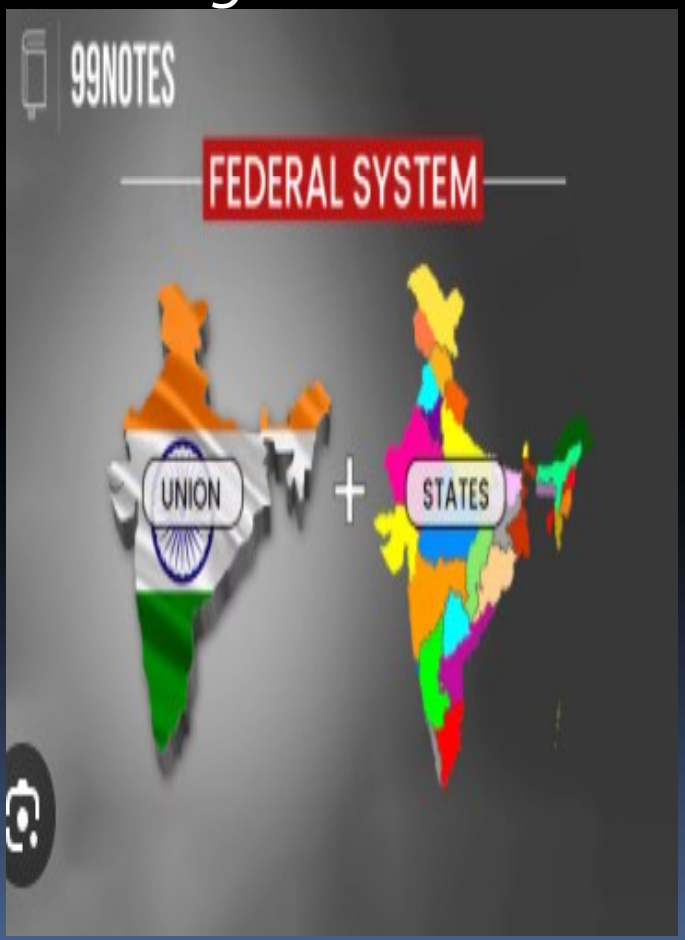
Federalism in India *is a system of government where power is* ***divided between the central government and the state governments****. It ensures that both levels have authority in their respective areas, promoting* ***decentralization and local governance****. The Indian Constitution clearly lists subjects for the* ***Union, State, and Concurrent Lists****, helping avoid conflicts. Federalism allows states to address* ***regional needs*** *while maintaining national unity. It also provides a framework for* ***cooperation and coordination*** *between governments. Through this system, India balances* ***diversity and unity****, empowers local administrations, and ensures that*

In India, federalism works by ***dividing powers between the central and state governments****. The Constitution lists subjects under the* ***Union, State, and Concurrent Lists****. Central laws prevail in conflicts, but states manage local matters. This system ensures* ***shared governance, regional autonomy, and national unity****.*

An example of ***federalism in India*** *is the* ***management of education****. Education is listed in the* ***Concurrent List****, so both the* ***central and state governments*** *can make laws.*

At the same time, ***state governments*** *can design curricula, textbooks, and programs to address* ***local culture, language, and needs****. This shared responsibility shows how India balances* ***national unity and regional diversity****, allowing states to govern locally while following national guidelines.*

Federalism in India *ensures a* ***balanced distribution of power*** *between the central and state governments. By dividing subjects into* ***Union, State, and Concurrent Lists****, it allows both*



*The central government can set **national policies**, like the **National Education Policy (NEP)**, ensuring uniform standards across India.*

*Federalism promotes **cooperation, democracy, and national unity**, while also respecting India's **diverse cultures, languages, and traditions**. This system strengthens governance, prevents central dominance, and ensures that citizens benefit from policies that consider both **national priorities and regional requirements**.*

Digital content scan qr code

FOR THE DIGITAL LEARNING VISIT OUR CHANNELS

YOUTUBE CHANNEL:@KISHANKUMARUPSC

YOUTH KI AWAAZ ARTICLES : KISHAN KUMAR UPSC

TELIGRAM GROUP : LEGAL AWARENESS

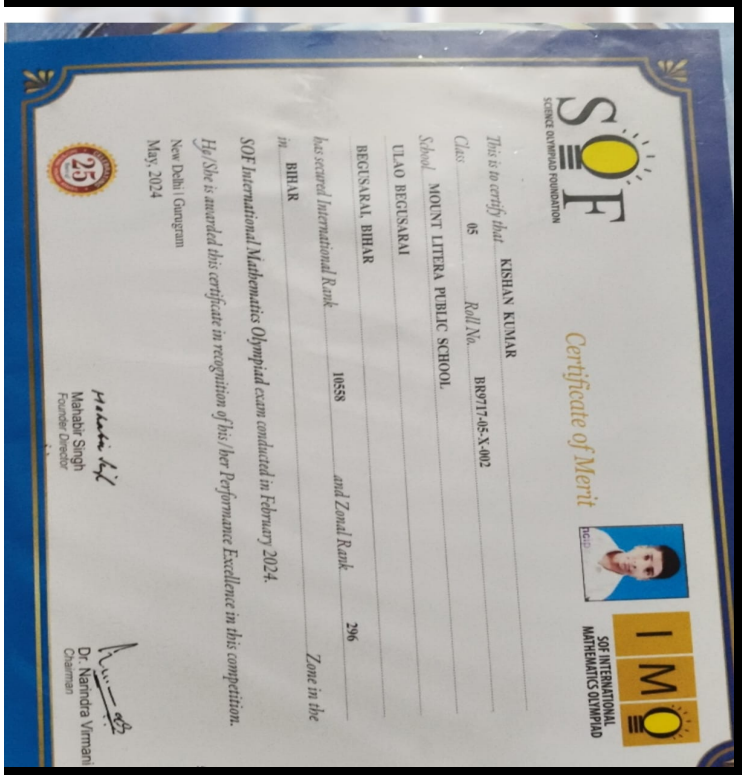
WHATSAPP CHANNEL LEGAL AWARENESS

WEBSITE LINK: kishansirupsc.netlify.app

certificates

St. Paul Sr. Secondary School
Affiliated to CBSE, Delhi | Affiliation No. 330342
(Runs Under Parmeshwar Neeta Educational Trust)
NH-31, Bahdarpur, Begusarai, Bihar
Certificate
This is to Certify that
Mr./Miss Kishan Kumar
Son/Daughter of Vivek Kumar
of Class VII Section 'B' of this School
participated in Essay Competition
has secured First / Second / Third Place.
Date: 23-11-25
Coordinator
Principal
Est. 2005

SILVERZONE OLYMPIAD
CERTIFICATE
KISHAN KUMAR
ST. PAUL SR SEC SCHOOL, BEGUSARAI, BIHAR
7th has participated and secured 5th position in the
445 State rank, 3,864 Zonal rank, and 14,724 Olympic
by obtaining 35.0183 marks out of 100.
iOM
International Olympiad of Mathematics



SOF
SCIENCE OLYMPIAD FOUNDATION

Certificate of Merit

This is to certify that KISHAN KUMAR
Class 05 Roll No. BR9717-05-X-002
School MOUNT LITERA PUBLIC SCHOOL
ULAO BEGUSARAI
BEGUSARAI, BIHAR
has secured International Rank 10858 and Zonal Rank 296
in BIHAR Zone in the
SOF International Mathematics Olympiad exam conducted in February 2024.
He/She is awarded this certificate in recognition of his/ her Performance Excellence in this competition.
New Delhi | Gurugram
May, 2024

Mahabir Singh
Founder Director

Dr. Narindra Virmani
Chairman

SOF INTERNATIONAL MATHEMATICS OLYMPIAD

SOF
OLYMPIADS

SOF INTERNATIONAL ENGLISH OLYMPIAD

Certificate of Participation

Awarded to

Kishan Kumar

of Class VI, Mount Litera Public School, Ulao Begusarai, Begusarai, Bihar
(Roll No. BR9717-06-B-017)

This certificate acknowledges your participation in the SOF International English Olympiad. By taking part in this global academic challenge, you have joined a community of young learners from across India and around the world, united by a shared passion for English language.
Wishing you a Bright Future Ahead!

New Delhi, India
January, 2025

Mahabir Singh
Founder Director

Dr. Narindra Virmani
Chairman

69715

Certificate of Participation

Department of Drinking Water and Sanitation & MyGov congratulate

Kishan Kumar

for successfully completing the Swachh Bharat Mission Grameen Phase-II Quiz.
We acknowledge your efforts. Keep participating!

Shri Ashok K. K. Meena,
Secretary, DDWS, Ministry of Jal Shakti, Govt of India.

DEPARTMENT OF SCIENCE & TECHNOLOGY

CERTIFICATE

OF PARTICIPATION

This is to certify that

Kishan Kumar

has successfully participated in National Science Day Quiz
"Nari Shakti in Science"
conducted on the MyGov platform to highlight the vital role of women as equal partners in science, technology, and innovation.

Commending your enthusiasm in the field.

Prof. Abhay Karandikar
Secretary, Department of Science & Technology (DST), GoI